November/December 1994 Volume 19, Number 6

A summary of recent news stories from the University of California San Francisco

UCSF

To Our Neighbors

UCSF: The place to go for primary care

"Most people know that UCSF offers specialized services, but they don't recognize UCSF as a place for primary care," says physician Neal H. Cohen, MD, president of the UCSF medical staff. But, in fact, UCSF is very much the place for primary care.

"We are improving community awareness of UCSF as a full-service health care provider," Cohen says, "through a new advertising campaign with the slogan, 'The World's Best Neighborhood Hospital.'" The multi-media campaign will run throughout November to coincide with open enrollment periods when many Bay Area businesses offer employees an opportunity to choose health care plans and providers.

Besides the medical milestones UCSF has achieved in cancer, organ transplants and AIDS, the Medical Center is chosen by Bay Area residents for routine services such as booster shots, prenatal care and checkups.

And people have choices at UCSF. Besides a choice of internists, pediatricians, obstetricians and gynecologists, and family medicine practicitioners, there are several geographic options, including the Parnassus Heights campus, UCSF/Mount Zion Medical Center, the Lakeshore Plaza and Daly City practices, and private practices throughout San Francisco, all of which emphasize primary care.

Erik Butler

Justin Wong is one of several people featured in UCSF's advertising campaign.

"We must expand the number of health plans that permit access to a full range of our services through the UCSF Medical Group, and also ensure that our patient services continue to be delivered in an efficient, sensitive fashion, says William B. Kerr, director of the Medical Center.

To sign up during open enrollment please contact your benefits office, or for further information about UCSF's primary care services, call 885-7777.

Surprising news on how brain develops

A new study by UCSF neuroscientists Yoshio Hata, PhD, and Michael P. Stryker, PhD, proves the long-held assumption that nerve cell activity determines how the developing brain is wired. But the researchers also found something startling — the nerve cells that receive the signals, not just those sending the signals, control the assembly of the brain's network.

The finding holds unexpected implications. It's as if art teachers discovered that the canvas tells the painter what to paint. This new information opens up new areas of exploration for researchers studying problems ranging from birth defects to central nervous system injuries.

Instead of studying the cells that send signals through the brain, Stryker says scientists now can be expected to focus attention on abnormalities in the cells that receive the signals as the possible cause of many unexplained birth defects. Knowledge of the way the brain assembles a network of nerve connections also will be a critical part of future treatments to reverse damage to the spinal cord or other injuries to the central nervous system, he says.

Hata and Stryker demonstrated that more than just experience and neural imput determine what nerve connections the brain makes. Nerve cells on the receiving end of nerve signals, the target cells, are not blank slates that just record what they are told. Instead, target cells provide feedback that affects the vitality of the neurons sending the signals.

Gene therapy treats deadly brain tumor

Fifty-eight-year-old Phyllis Lema of Denair, CA, was diagnosed in January 1994 with glioblastoma — the most deadly form of brain cancer. The standard treatment is surgery followed by radiation therapy, and in most cases, chemotherapy.

Karen Pruess

Phyllis Lema receives experimental gene therapy treatment.

However, these therapies have been ineffective in saving lives. Tumors recur following standard treatment about 95 percent of the time, limiting patient survival to a few months.

Now, for the first time in California, a UCSF surgical team has treated the cancer with experimental gene therapy. Charles Wilson, MD, director of the UCSF Brain Tumor Research Center, removed the main portion of the tumor from Lema, while his colleague, neurosurgeon Michael McDermott, MD, inserted genetically altered mouse cells into the resulting cavity.

The mouse cells are the key to the new treatment, aimed at killing remaining errant tumor cells that intermingle with vital nerve tissue. They have been genetically engineered to serve as factories to mass produce a virus, called mouse leukemia retrovirus.

Although these viruses have had genes removed so that they cannot replicate on their own, they can still break out of the mouse cells and invade dividing cancer cells, rendering them vulnerable to an anti-viral drug called gancyclovir, which was injected intravenously three weeks later.

Neurosurgeon Michael Prados, MD, heads the UCSF component of a new clinical trial to test the gene therapy. "We are hoping that we can demonstrate the safety of this approach, which would open the doors to a wide range of potential brain cancer treatments that could be delivered through gene therapy," he says.

In Brief

Cancer support group for women

The UCSF/Mount Zion Cancer Center is offering a free information/support group for women newly diagnosed with breast cancer. Called "Directions," the group is for women who have received a breast cancer diagnosis within the past three months. The group will meet weekly on Wednesday evenings from 5 to 6:30 p.m. at 2356 Stutter Street, second floor. For further information call 885-3693 or 885-7498.

Hormone therapy

UCSF researchers are studying the effect of menopause and hormone replacement therapies on a woman's ability to metabolize drugs. Researchers believe that hormonal changes that occur during menopause may reduce a woman's ability to eliminate drugs. The drugs prednisolone and erythromycin are administered over several days and drug levels are analyzed from blood samples. Subjects will be reimbursed $400 for completion of the study. Non-smoking postmenopausal women either not taking hormone replacement therapy or taking daily estrogen and progesterone are eligible. For further information, call 476-5890.

Colon cancer support group

The UCSF/Mount Zion Cancer Center is offering a free support group for people suffering from colon and rectal cancer, a disease that will strike an estimated 149,000 people this year, according to the American Cancer Society. The group, led by psychologist Andrew Kneier, PhD, will meet two times a month, on the second and fourth Monday, at 6:30 p.m. at 2356 Sutter Street. You must call in advance to reserve a spot in the group. The support group is co-sponsored and funded by the Better Health Foundation. For further information call 929-7114.

Asthma studies need volunteers

Patients with adult asthma and symptoms of gastroesophageal reflux (heartburn, regurgitation or chest pain) are needed to participate in a clinical study to evaluate the effects of a potent acid suppressant. The study medication, omeprazole, clinic visits, and all laboratory tests related to the study will be free. For further information call either Kenneth McQuaid, MD, or Richard Sperling, MD, at the VAMC Division of Gastroenterology, 750-2105.

In another asthma study by the Asthma Clinical Research Network, patients with mild asthma are needed to study whether regular treatment with an inhaled beta-agonist drug actually worsens overall control of asthma. For further information call 476-8494.

Wanted: Balding men

The UCSF Hair Research Center is conducting a one-year study on men between the ages of 18 and 40 who have a bald spot at the back of their head. Subjects must be in good health and have dark hair. For further information, call 476-3636 or 476-2572.

More news for you on the back page

What's happening

To Our Neighbors
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events at UC San F

Special Events

Events sponsored by Millberry Arts & Performances, unless otherwise noted. Call 476-2542 for more information.

Wed., Nov. 2
Mon., Nov. 7
Fit Talk. Learn about the three components of a well-rounded exercise plan: aerobic exercise, flexibility and weight training. Sponsored by UCSF Medical Group and Health Net. Free for Health Net members, $7 general public. Call 476-0350 for details.

Sun., Nov. 13
UCSF Orchestra Concert. $4/6/8. Millberry Gym, 500 Parnassus. 4 p.m.

Wed., Nov. 16
Doctors Without Borders Benefit Concert. Features jazz pianist Danny Zeitlin. Cole Hall, 513 Parnassus. 7 p.m.

Wed., Dec. 7
Gospel Choir at UCSF/Vocal Chords Holiday Concert. Cole Hall, 513 Parnassus. 7 p.m.

Thurs., Dec. 8
Holiday Crafts Faire. Features work of 50 artists, many of whom are UCSF employees. Sponsored by EMPACT!. Millberry Gym, 500 Parnassus. 4 p.m. Call 476-2675.

Fri.-Sun., Dec. 9-11
Fri. & Sat., Dec. 16 & 17
"Ozma of Oz." Parnassus Players present the L. Frank Baum story adapted by Suzan Zeder. Proceeds benefit the Hospitals Auxiliary. Produced by special arrangement with the Anchorage Press of New Orleans. Toland Hall, 533 Parnassus. 8 p.m. Matinee on Sun., Dec. 11, at 2 p.m. Call 476-4906 for advance ticket sales.

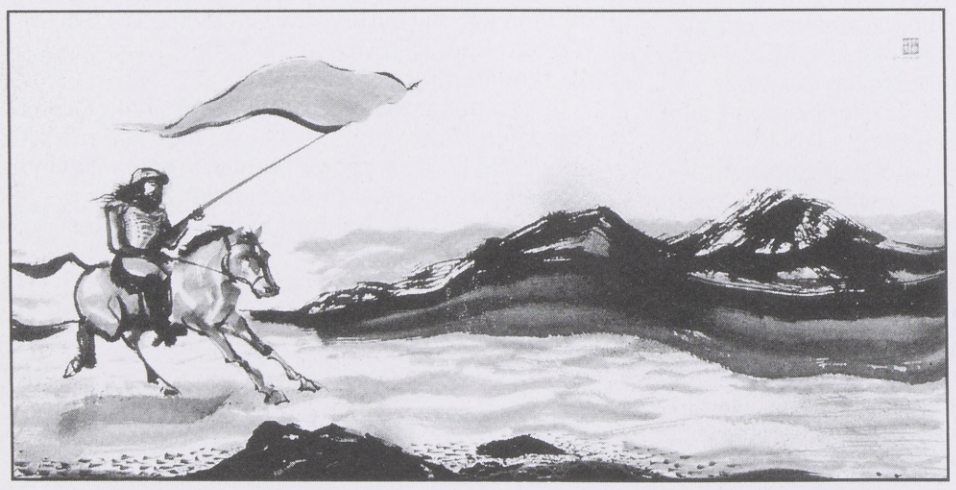
Outdoors Unlimited

Outdoors Unlimited permanently has moved into the basement of the UCSF Library, 530 Parnassus. OU is a cooperative resource center for outdoor recreation and adventure, serving both the UCSF campus and the general public. It provides skills training, equipment rentals, trip planning information and a place to meet others with similar interests. Call 476-2078 for a free brochure.

Campus Tours

All tours are free and begin at 1 p.m. on Fridays. Meet in the Medical Sciences Bldg. lobby, 513 Parnassus. Sponsored by Campus Tours/Speakers Bureau. Call 476-4394.

Art Exhibits



"Into the Light" (ink on paper, 28" x54") by Mardi Horowitz

Through November 30

Paintings by Mardi Horowitz. On display at the Faculty/Alumni House, 745 Parnassus. Open weekdays or by appointment. Call 476-4723.

Hospitals Auxiliary Art Exhibit. On display in the lobby of Moffitt/Long Hospitals, 505 Parnassus. On display Mon., Oct. 24, through Mon., Nov. 28, will be original oils by Andrew Thomas and etchings by Alice Gibbons. On display Mon., Nov. 28, through Mon., Dec. 26, will be hand-painted etchings by Susan Miller and animal etchings and monoprints by Lynne Skrabak. A portion of all proceeds benefits patients at the Medical Center at UCSF. To purchase or reserve work, call 476-4906.

Primary Care Hotline

Do you need help choosing a primary care physician at UCSF? The Medical Center at UCSF offers personalized assistance to help you make a choice to suit your personal preferences and geographic needs with primary care physicians available at UCSF Medical Center, UCSF/Mount Zion and the practices at Lakeshore and Daly City. To learn about the full range of primary care options available through UCSF, call 885-7777 weekdays from 8 a.m. to 5 p.m. (See story on front page.)

AIDS Programs

Sponsored by UCSF AIDS Health Project. For more information call 476-3902.

Individual Risk Assessments & Referrals. By appointment. Free.

Positives Being Positive. Anonymous support groups in the community for people who have tested HIV positive but have not developed symptoms of AIDS.

Other Support Groups. Drop-in & eight-week facilitated groups for men & women with AIDS or HIV infection, in a risk group or otherwise affected.

Volunteer Orientation

Program to acquaint prospective volunteers with opportunities available in the Medical Center at UCSF in Langley Porter Psychiatric Institute Auditorium, 401 Parnassus (P), and at UCSF/Mount Zion in Herbst Hall, 1600 Divisadero (MZ). For further information call 476-1196 (P) or 885-7353 (MZ).

Mon., Nov. 7, 9-11:30 a.m. (MZ)
Tues., Nov. 15, 9 a.m.-noon. (P)
Tues., Nov. 29, 5:30-8:30 p.m. (P)
Tues., Dec. 6, 5-7:30 p.m. (MZ)

Mount Zion Community Meetings

An ongoing series of meetings to keep the community apprised of activities of interest and to listen to neighborhood concerns. Next meeting: **Tues., Nov. 15.** Executive Board Rm., 2nd fl., UCSF/Mount Zion, 1600 Divisadero. 7 p.m. Call 476-3206.

Institute of Healing Arts & Sciences

A series of free talks on various alternatives in health care and healing. Held on Fridays at noon in Rm. 721, Nursing Bldg., enter through 521 Parnassus. Call Marie Lehrer at 330-5353.

Nov. 4
The New Hypnosis & the Mind/Body Connection.

Nov. 11
Course in Miracles. Learn how spirituality effects healing and relationships.

Multiple Helpers Outreach Network Support Group. For victims & survivors of violent trauma. Ages 15 & over. Meets on Tuesdays from 10 a.m.-noon and on Wednesdays from 1-3 p.m. in Rm. A222, Langley Porter Psychiatric Institute, 401 Parnassus; and from 7-10 p.m. in Rm. 517, Nursing Bldg., enter through 521 Parnassus. For further information call the helpline at 759-7923, 7 a.m.-10 p.m. daily.

Senior Lecture Series

UCSF Medical Group/Seniority Plus presents the following free lectures on Mondays at 10 a.m. Call 476-0373 for more information.

Nov. 14
Ten Commandments of Medicine Use. Lakeside Presbyterian Church, 19th Ave. & Eucalyptus.

Dec. 12
Injury Prevention for Older Adults. Herbst Hall, UCSF/Mount Zion, 1600 Divisadero.

Lakeside Senior Medical Center Talks

Free lectures for seniors held on Wednesdays at 10 a.m. at Lakeside Presbyterian Church, corner of Eucalyptus & 19th Ave., near Stonestown. Call 586-8600 for schedule.

Women's Programs

Events sponsored by the Women's Resource Center, unless otherwise noted. Call 476-5222 for additional December events and to pre-register for workshops.

Sat., Nov. 5
Workshop: Taking Back the Power — Managing Stress in the Workplace. $45. Rm. 18, Medical Sciences Bldg., 513 Parnassus. 9 a.m.-1 p.m. Call (510) 482-1431 to pre-register.

Tues., Nov. 8
Creative Survival: Capturing the Soul Through Art. Toland Hall, 533 Parnassus. Noon-1 p.m.

Sat., Nov. 12
The Dismembered Heart: A Workshop for Women. Learn to create an open dialogue about life and dreams as a means of healing. $30. Rm. 130, Clinical Sciences, 521 Parnassus. 1-4 p.m.

Tues., Dec. 13
Awakening Female Power. A call to men and women to awaken the Goddess Warrior and explore personal myths. Noon-1 p.m. Call for location.

Thurs., Dec. 15
Dangerous Promises: Alcohol Advertising and Violence Against Women. Sponsored by Rape Prev. Educ. Cntr. Noon-1 p.m. Call for location.

Recreation & Fitness

From Feldenkrais to Wacky Wiggles, Millberry Fitness Center offers recreational and fitness programs for everyone. Enjoy classes on drumming, modern dance, golf and much more. Call 476-1115 for a complete schedule.

Cole Hall Cinema

Films are shown on Thursdays and Fridays in Cole Hall, enter through 513 Parnassus or 505 Parnassus. Prices run $2 to $3.50. Sponsored by Millberry Arts & Performances. Call 476-2542. (Movies subject to change.)

Nov. 3 at 5:45 p.m. and 8 p.m.
Nov. 4 at 6:30 p.m. and 8:45 p.m.
It Could Happen to You.

THE CLIENT

Nov. 10 at 5:45 p.m. and 8:15 p.m.
Nov. 11 at 6:30 p.m. and 9 p.m.
The Client.

Nov. 17 at 5:45 p.m. and 8:30 p.m.
Nov. 18 at 6:30 p.m. and 9:15 p.m.
True Lies

Dec. 1 at 5:45 p.m. and 8 p.m.
Dec. 2 at 6:30 p.m. and 8:45 p.m.
The Mask.

Blood Donation

Tues., Nov. 1-Tues., Nov. 15
Promises from the Heart. Blood drive co-sponsored by MHONA International, Center For and By Victims and Survivors of Violent Trauma. UCSF Blood Donor Center, Rm. 131 Long Hospital, 505 Parnassus. Mon.-Fri., 8 a.m.-7:45 p.m. Sat., 9 a.m.-4:30 p.m.

You don't have to wait for a blood drive to give blood. You may donate any weekday, 10 a.m.-8 p.m., or Saturday, 10 a.m.-3 p.m., at UCSF's Blood Donor Center. For information & appointments call 476-6989.

Bioscience Lecture

"Exploring the Frontiers of Medicine" is a series of free public lectures featuring medical researchers from UCSF discussing the latest medical discoveries. Co-sponsored by Bay Area Bioscience Center. Sheraton Palace Hotel, 2 Montgomery. 12:30-1:30 p.m. Call (510) 874-1464 for information.

Thurs., Nov. 10
Aging: An Equal Opportunity Process.

Breast Cancer Screening

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient Bay Area locations. The procedure takes approximately 20 minutes and costs $60. Your physician's approval is required, plus his/her full name, address & telephone number to assure results are mailed promptly. Appointments must be made at least one month to six weeks in advance. Find out when the van will be in your neighborhood by calling 476-2193 between 9 a.m. and 3 p.m., Monday through Friday. A $60 mammography screening also is available at the UCSF/Mount Zion Medical Center Radiology Department. Call 885-7465.

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Cancer Referral Hotline

The UCSF Cancer Referral Service enables cancer patients to place just one telephone call and learn the names of UCSF doctors specializing in the kind of treatment they need. Call 1-800/888-8664.

At the Heart of It

At the Heart of It, a cardiac support group for heart patients experiencing fear, anxiety, confusion & stress, is facilitated by a cardiac social worker and a registered nurse. Meets at UCSF/Mount Zion, 1600 Divisadero. For further information call 885-7227.

Brown Bag Lectures

A series of free lectures held weekly at noon on Wednesdays in Rm. 300, Health Sciences West, enter through 513 Parnassus (P); monthly on Thursdays in Rm. 125, UCSF/ Mission Center Building (MCB), 1855 Folsom St.; and monthly on Tuesdays in Herbst Hall, UCSF/Mount Zion (MZ), 1600 Divisadero. Sponsored by Campus Tours & Speakers Bureau. Call 476-4394.

Nov. 2
How New Drugs are Discovered. (P)

Nov. 9
Mystery of Pain and Individuation. Exploring pain as a psychological transformer. (P)

Nov. 15
Preventing Ski Injuries. (MZ)

Nov. 16
What Is Gene Therapy? (P)

Nov. 17
Oh, My Aching Neck! New treatments for cervical spine disorders. (MCB)

Nov. 23
The Healing Power of Gratitude: A Holiday Special. (P)

Nov. 30
Cholesterol 1994. Learn how to reduce your risk of heart disease and when to get help. (P)

Dec. 7
Do You Know Where Your Biomagnetic Waves Are Tonight? (P)

Dec. 13
Projecting a New and True Image in 1995. Assess your non-verbal messages and make them consistent with your true character. (MZ)

Dec. 14
Is the Worst Over for the Economy? (P)

Dec. 15
Low-Fat Feasting Over the Holidays. (MCB)

Look Good, Feel Better

This program provides expert advice on makeup, wigs & the use of turbans to people who have undergone chemotherapy or radiation and have lost or are losing their hair. Held every other month in the 11 Long Solarium, Long Hospital, 505 Parnassus, and at UCSF/Mount Zion. Co-sponsored by the American Cancer Society and supported by the Donna Smith Fund. Call 476-1383 to pre-register for Parnassus meetings, 885-3693 for UCSF/Mount Zion meetings.

UCSF
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Public Affairs
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"They told me there was a forest fire raging in my head and all they had was one little water hose."

Julie Bankson was used to whirlwinds.

As a successful 43-year-old lawyer who specialized in defending hospitals in medical malpractice suits, she flew from appointment to appointment with verve and precision. She also was a successful wife and mother with two small daughthers, one less than a year old, and a life that seemed to stretch out before her with promise and satisfaction.

Because she had no time for trouble or illness, nor any family history to really even prepare her for their rude appearance, she ignored the sudden numbness in her left leg that first day in April 1993. It went away. She was just getting old, she laughed.

Two days later, it came back. But just as quickly it went away again. That night, she woke up and had no feeling in her left leg. Concerned that it might be a stroke, she went to the emergency room at a Santa Rosa hospital. Stroke and diabetes were ruled out, but doctors recommended a magnetic resonance imaging (MRI) scan of her head just to make sure all was well. It wasn't.

Near the surface of her brain on the right side was a grape-sized tumor. A brain biopsy was immediately scheduled and the results were very bad. Julie had glioblastoma, a usually fatal brain cancer. She was referred to UCSF immediately and two days later, she and her husband Jim and other family members were in the office of UCSF neurosurgeon Philip Gutin.

"Everyone told me that the tumor could not be removed surgically," says Julie. "At the very best, I would have ended up paralyzed on my left side, but more likely, I would not have survived the operation." The only other choice was six weeks of almost daily radiation therapy, followed by one of two procedures, brachytherapy or the gamma knife. Barachytherapy employs special radioactive pellets that are placed inside the brain on and around the tumor for short periods to maximize killing power. The gamma knife, on the other hand, is completely non-invasive, using instead a special helmet-like apparatus — with 201 holes that act as portals for radioactive cobalt — to help target gamma rays that converge on inoperable tumors with no damage to surrounding tissue.

Halfway through her daily radiation treatment, Julie still felt fine. Indeed, the only pain in her head came from trying to sort out all the printed information on glioblastomas and treatment that she had welcomed at first, but which now presented her with sophisticated and nuanced options she felt incapable of evaluating. Soon, however, she had an even bigger problem to face. A new MRI scan showed that the tumor had suddenly doubled in size. She also began to have violent leg and upper torso seizures that sent her to the hospital.

Her doctors gave her no hope. "They told me there was a forest fire raging in my head and that all they had was one little water hose," says Julie. "Just a month before I had been a completely healthy person and now I was being told I had six to nine months to live." Devastated and depressed, Julie sought solace in her family, friends and church, which now had to share the sudden possibility of her death — a possibility her four-year-old daughter put to her tearfully one night with the question, "Mommy, why can't we all go heaven together?"

Julie tried to remain optimistic, agreeing to split her radiation treatment into two times daily so that the overall dose could be increased — a process called hyperfractionation. That seemed to stop the tumor growth, giving Dr. Gutin the period of time he needed to perform the gamma knife procedure in early July. "The whole thing took less than 30 minutes," says Julie. "I lay on my stomach and they placed this helmet with holes over my head, took me out and repositioned me a few times and that was it. I was awake the whole time and didn't feel anything."

In that brief procedure, however, Julie received more radiation than she had in the previous six weeks of radiation therapy.

Then the waiting began. Julie went to her home state of New Mexico for a month and returned to take a new MRI. This time the news was good. The tumor had not grown. Every MRI since has given the same result. For doctors, the word is caution. For Julie, it is hope. "No one wants to say I'm cured because they simply don't know. But I feel positive about my condition."

As for the future that once seemed to stretch out indefinitely, Julie is realistic. "I now take life minute by minute and month by month." A regular drug regimen keeps the seizures at bay and she is working to improve her short-term memory loss, a side effect of the radiation. "I take nothing for granted anymore, nothing. Yes, it's been tough, but when I look at my daughters, I realize I have everything to live for and living is what I plan to do." — Jeff Miller

(For more information about brain cancer treatments, call the Brain Tumor Research Center at 476-2905. For information about cancer in general and UCSF cancer specialists, call the Cancer Hotline at 1-800/888-8664.)

David Powers

November/December 1994

To Our Neighbors

Complex surgery saves sisters' hearing

Gene therapy treats the most deadly form of brain cancer

UCSF attracts primary care patients during open enrollment

UCSF
University of California San Francisco
3333 California Street, San Francisco, CA 94143-0462

To Our Neighbors

Surgeons save sisters' hearing

A complex surgery at UCSF has saved the hearing of half-sisters Katie Hemphill, 15, and Leslie Brown, 19, of Danville. Both had a tumor on their hearing and balance nerve, called an acoustic neuroma, in both ears.

In the disorder, called neurofibromatosis type 2, abnormal growths arise around nerves, building up pressure on the brain or spinal cord, usually experienced in the late teens or twenties. Without surgery, hearing loss — or even death — would be inevitable.

When a parent has the defective gene, a child has a 50-50 chance of inheriting it. The girls' mother, Rosemary, lost her hearing and the ability to make facial expressions and their brother, Brian, died at age 13 from a brain tumor stemming from the disease.

Last summer, UCSF surgeons Robert Jackler and Lawrence Pitts, who have performed surgery to remove acoustic neuromas nearly 400 times, successfully removed an almond-sized tumor from the right ear of each sister. This June, the UCSF surgeons preserved the hearing in Katie's left ear by again performing the same operation. Last month, the acoustic neuroma was removed successfully from Leslie's left ear.

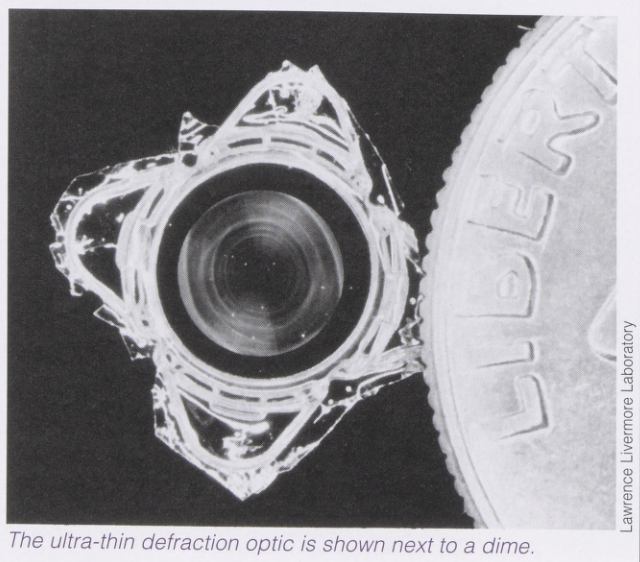
Patient care of this nature is coordinated through the UCSF Neurocutaneous Clinic. For more information, call 476-3338.

New lens may revolutionize vision treatments

An eye specialist at the San Francisco VAMC and his colleagues at the Lawrence Livermore National Laboratory have crafted a new micro-thin lens that may revolutionize the way doctors treat certain vision problems.

Using different optics than conventional lenses, the new lens can be made much thinner than plastic kitchen wrap, could be rolled up and inserted in the eye through an incision the width of a pinhead to restore vision after cataract surgery, and may even offer the potential of semi-permanent contact lenses, says John A. Stanley, MD, chief of ophthalmology at the VAMC.

Before micro-thin lenses can be used in patients, he cautions, further work is needed to answer design questions such as how to fasten the delicate lens in place inside the eye. "But the potential is enormous because we're not limited by thickness anymore."



Lawrence Livermore Laboratory

The ultra-thin defraction optic is shown next to a dime.

Trying to better understand Alzheimer's

Two studies are being conducted to help clinical researchers better understand and treat Alzheimer's disease. The first is an experimental drug — physostigmine — that has been shown to improve memory and enhance cognitive functioning. The second is a non-drug study to chart short-term changes in the memory of Alzheimer's patients. Participants should have mild to moderate Alzheimer's, no other uncontrolled medical problems nor history of stroke, and a caregiver that visits regularly. Both studies are conducted by the Center for Clinical & Aging Services Research of the UCSF/Mount Zion Center on Aging. For further information call either Meryl Brod, MD, or Laura Sands, MD, at 750-4170.

Dietary cholesterol study

If you are a healthy, non-smoking man or woman between the ages of 50 and 70 or a healthy, non-smoking male between the ages of 25 and 35, you might be eligible for an outpatient nutrition study. The six-week study will investigate what effect the amount of dietary cholesterol and various types of fat in the diet have on cholesterol levels. All food will be provided by the research kitchen of the UCSF General Clinical Research Center. For further information, call 476-7931.